



WHATSheATE



HEALTH SCORE

66%

Paella with Asparagus and Sugar Snap Peas



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound asparagus trimmed cut into 1-inch lengths



6 ounces chorizo sausage cut spanish



0.8 cup wine dry white



3 large garlic clove finely chopped



2 teaspoons paprika smoked spanish hot (paprika)



6 servings lemon wedges



1.3 pounds littleneck clams scrubbed



5 cups chicken broth divided ()

- ☐ 24 mussels scrubbed
- ☐ 0.3 cup olive oil
- ☐ 2.5 cups onion chopped
- ☐ 17 ounces rice medium-grain white italian spanish
- ☐ 0.3 cup roasted peppers red canned drained coarsely chopped
- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 1 teaspoon salt
- ☐ 1 pound shells deveined uncooked peeled
- ☐ 5 ounces sugar snap peas trimmed
- ☐ 12 ounces tomatoes halved seeded cut into 3/4-inch cubes

Equipment

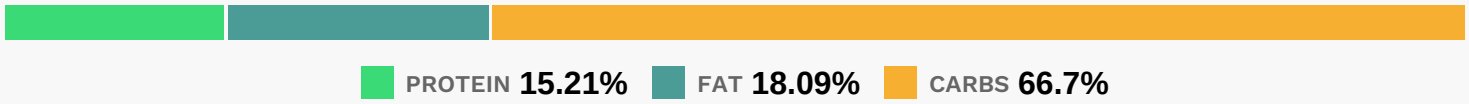
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Cook asparagus in large saucepan of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain, rinse under cold water, and drain again.
- ☐ Bring 4 1/2 cups broth to simmer in medium saucepan over medium heat.
- ☐ Add reserved shrimp shells; simmer 10 minutes. Bring wine to simmer in small saucepan over medium heat; add saffron and set aside 5 minutes to steep. Strain saffron-infused wine into 8-cup measuring cup. Strain in shrimp broth.
- ☐ Add enough chicken broth to measure 5 cups broth mixture.
- ☐ Heat oil in large wide pot (at least 3 inches deep) over medium-high heat.
- ☐ Add chorizo and sauté until lightly browned, breaking into 1/2-inch pieces with side of spoon, about 5 minutes.

- ☐ Add onions. Reduce heat to medium and sauté until onions are slightly soft, about 5 minutes.
- ☐ Add garlic and stir 2 minutes.
- ☐ Add tomato and peppers. Sauté until tomato is soft and juices evaporate, about 3 minutes.
- ☐ Mix in paprika and salt, then rice. (Asparagus, broth mixture, and rice mixture can be prepared 2 hours ahead.
- ☐ Let each stand at room temperature.)
- ☐ Preheat oven to 350°F.
- ☐ Add broth mixture to rice mixture and bring to boil over high heat, stirring frequently. Reduce heat to low and simmer 2 minutes, stirring occasionally.
- ☐ Remove pot from heat. Scatter shrimp over. Tuck clams and mussels into rice mixture, hinged side down.
- ☐ Place pot in oven and bake paella, uncovered, 15 minutes.
- ☐ Sprinkle peas and asparagus over. Continue to bake until broth is absorbed, rice is tender, and clams and mussels open, about 5 minutes longer.
- ☐ Transfer pot to work surface. Cover with foil; let stand 5 minutes.
- ☐ Transfer paella to large shallow dish.
- ☐ Garnish with lemon wedges and serve.

Nutrition Facts



Properties

Glycemic Index:72.11, Glycemic Load:64.77, Inflammation Score:-9, Nutrition Score:37.437826156616%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.65mg, Isorhamnetin: 7.65mg, Isorhamnetin: 7.65mg, Isorhamnetin: 7.65mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 24.48mg

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Nutrients (% of daily need)

Calories: 863kcal (43.15%), Fat: 16.87g (25.96%), Saturated Fat: 4.5g (28.13%), Carbohydrates: 139.93g (46.64%), Net Carbohydrates: 132.06g (48.02%), Sugar: 9.45g (10.5%), Cholesterol: 33.39mg (11.13%), Sodium: 673.56mg (29.29%), Alcohol: 3.09g (100%), Alcohol %: 0.56% (100%), Protein: 31.9g (63.8%), Manganese: 3.1mg (155.18%), Selenium: 81.42µg (116.31%), Vitamin B12: 5.72µg (95.25%), Vitamin C: 43.49mg (52.72%), Phosphorus: 482.92mg (48.29%), Vitamin K: 48.42µg (46.11%), Copper: 0.78mg (38.8%), Vitamin A: 1908.77IU (38.18%), Iron: 6.64mg (36.88%), Vitamin B3: 7.29mg (36.43%), Fiber: 7.86g (31.46%), Potassium: 1028.29mg (29.38%), Vitamin B6: 0.57mg (28.55%), Magnesium: 110.59mg (27.65%), Folate: 106.89µg (26.72%), Vitamin B1: 0.38mg (25.52%), Zinc: 3.51mg (23.42%), Vitamin B2: 0.39mg (22.89%), Vitamin E: 3.21mg (21.37%), Vitamin B5: 1.89mg (18.85%), Calcium: 126mg (12.6%)